



I *am* getting better at balancing my diet without *thinking* about it all the time.



Chaz

 **cvillette**

<https://cvillette.livejournal.com/>

2008-04-28 11:21:00

MOOD:  accomplished

MUSIC: Happy Rhodes - Murder

Breakfast today. Otherwise known as Victory!!!

([https://www.livejournal.com/away?](https://www.livejournal.com/away?to=http%3A//www.fitday.com/webfit/publicjournals.html%3FOwner%3Dcvillette%26Year%3D2008%26Month%3D3%26Day%3D28)

[to=http%3A//www.fitday.com/webfit/publicjournals.html%3FOwner%3Dcvillette%26Year%3D2008%26Month%3D3%26Day%3D28](https://www.fitday.com/webfit/publicjournals.html%3FOwner%3Dcvillette%26Year%3D2008%26Month%3D3%26Day%3D28))

(Daphs, are you proud?)

(I had the rest of the smoothie for second breakfast, but I haven't logged it, because it's beside the point.)



Three things!

1) Okay, 0., She Wants Revenge = yes.
It's like the Eighties rose up from the grave and came looking for braiiiiiiiiins.

Experimental Whole Wheat Green

Chile Robot Bread #1


Yes, baking with your hands is more fun. And the results have a better texture, and taste better. But robot

[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning house, putting

9 comments



 **trollcatz**

[April 28 2008, 17:23:23 UTC](#)

[COLLAPSE](#)

u have mad skillz!

I had take-out spinach&cheese croissant, coffee, and a mysteriously-delayed train for breakfast. A somewhat bumpy start to the day, and not a shining example of conscientious eating. Mrph. Need more coffee. Mooooooore.



 **cvillette**

[April 29 2008, 04:49:13 UTC](#)

[COLLAPSE](#)

But you made up for it at dinner!



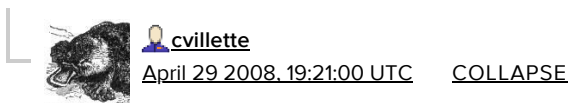
 **trollcatz**

[April 29 2008, 19:14:35 UTC](#)

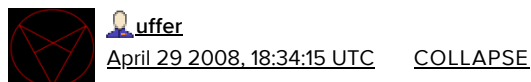
[COLLAPSE](#)

Oh, gawd, yes. Mr. Salmon died for my sins. And so did the veggies. The teeny tiny round roasted potatoes and micro-turnips. Aaaaaaawesome.

(And not all machinery hates you. Your true love behaved very nicely.)



See, people think they don't like turnips. But what they don't like is turnips boiled into wallpaper paste.

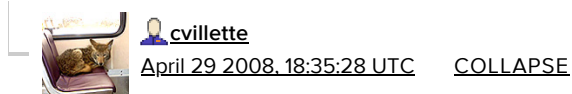


Was wandering the wilds of the interwebs this evening, and found this:

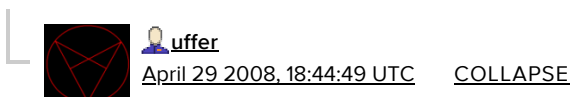
<http://blog.fatfreevegan.com/>

which immediately made me think of you. I am /not/ in any way shape or form non-carnivorous, but some of these look quite droolsome, in a short-of-dead-thing sort of way.

(Though there's a little voice in the back of my head saying, 'Look, is Chaz, of /course/ he's already seen this.'. Feel free to tell me to shut up if so.)

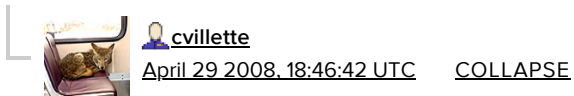


Those look tasty, but I would *starve* on that. Not enough calories, by far.

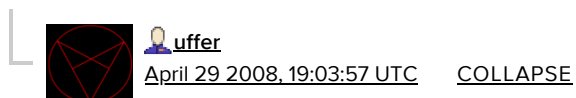


Gah. Am clearly not paying enough attention. I sort of remembered you saying something about trying to get less of the /wrong/ fats, and that translated in my head as /all of them/.

Sorry.



No, it's cool. Fat has almost twice as many calories per unit as carbohydrates.



And usually tastes better! Which probably accounts for that thing where you unwrap a block of mature cheddar cheese and the next thing you know you have a sad empty wrapper and a couple of crumbs, and you're not quite sure you dare move. When I was a kid I'd get cheese as a treat when we went shopping, not chocolate, because cheese was just so much yummiier.

Of course in those days I never really needed lunch; I think things generally took a turn for the worse when I started school and they made me eat during the day. As for the /things/ they made me eat...